

Nebraska Medicaid Ghar aur Samudaay
Aadharit Sevaayein (HCBS)

Vikasatmak viklangtaen (DD) chhoot

Parivaar Samarthan Chhoot
DD Vayask Divas Chhoot
Vyapak DD Chhoot
(Comprehensive DD Waiver)

SEVAAYEIN QUICK GUIDE

*Quick Guide ek parichay hai jo aapko yeh tay karne mein
madad karta hai ki kaun si sevaayon ka upayog karne ka
vichar karna chahiyein.*



July 2025

Uplabdh Sevaayein

Upalabdh sevaayein aapki avashyaktaon aur jis Medicaid Ghar aur Samuday Aadharit Sevaon (HCBS) DD chhoot par aap hain, us par aadharit hain:

- **Parivar Sahayata Chhoot (FSW)** janm se lekar 21 varsh tak ke vyaktiyon ke liye hai.
- **Vikasatmak viklangtaen Vyask Diwas (DDAD) Chhoot** 21 varsh aur usse adhik umra ke vyaktiyon ke liye hai.
- **Vyapak Vikasatmak viklangtaen (CDD) Chhoot** sabhi umra ke vyaktiyon ke liye hai.

Sevaayein aapke vyakti-kendrit plan mein pehle se pehchani jaani chahiye, tabhi koi pradata aapko sevaayein pradan karne ke liye adhikrit ho sakta hai.

Aap un pradataon ko chun sakte hain jin ke saath aap kaam karna chahte hain. Vibhinn prakar ke pradata uplabdh hain:

- **DD agency pradata** – Ek company jo Medicaid pradata ke roop mein panjikrit hai aur DHHS Lok Swasthya dwara pramanit hai taaki viklangata sevaayein pradan kar sake.
- **DD swatantra pradata** – Ek vyakti jo Medicaid pradata ke roop mein panjikrit hai aur aapke dwara niyukt hota hai. Jab aap kisi vyakti ko chunte hain, rajya ek manzoori prakriya chalata hai taaki sabhi avashyak maanakon ka paalan ho sake. Aapka Seva Samanvayak is prakriya mein madad karega.

Aap sevaon ke baare mein aur jaankari DD Service Summaries mein padh sakte hain. Aapka Seva Samanvayak inhe pradan kar sakta hai, sevaayein samjha sakta hai, aur pradata ke vikalpon par charcha kar sakta hai.

Service Summaries DD Services web page par uplabdh hain.



<https://dhhs.ne.gov/Pages/DD-Service-Array.aspx>

Yeh chart dikhata hai ki kis chhoot mein kaunsi seva uplabdh hai.

DD Chhoot Sevaayein (DD Waiver Services)	FSW	DDAD	CDD
Vyask Din (Adult Day)	-	✓	✓
Sahayak Praudyogiki (Assistive Technology)	✓	✓	✓
Vyavhaarik Ghar Par Kaushal Vikas (Behavioral In-Home Habilitation)	-	-	✓
Laabh Paramarsh (Benefits Counseling)	-	✓	✓
Bachhon ka Divas Punarvas (Child Day Habilitation)	✓	-	✓
Saamudaayik Samavesh	✓	✓	✓
Paramarshatmak Moolyankan (Consultative Assessment)	-	✓	✓
Nirantar Awaas (Continuous Home)	-	-	✓
Dinik Samarthan (Day Support)	✓	✓	✓
Rozgar Khoz (Employment Exploration)	-	✓	✓
Paryavarán Sudhaar Moolyankan (Environmental Modification Assessment)	✓	✓	✓
Parivarik Dekhbhal Prashikshan	✓	-	-
Parivar aur Sahayogi Margdarshan	✓	-	-
Swasthya Sanrakshan Nigrani (Health Maintenance Monitoring)	✓	✓	✓
Ghar Mein Sudhaar (Home Modifications)	✓	✓	✓
Grihni (Homemaker)	✓	-	✓
Mezban Grih (Host Home)	-	-	✓
Svatantra Jeevan (Independent Living)	✓	✓	✓
LRI Vyaktigat Dekhbhal (LRI Personal Care)	✓	✓	✓
Chikitsa Ghar Par Kaushal Vikas (Medical In-Home Habilitation)	-	-	✓
Vayaktigat Aapatkaleen Partikriya System (PERS)	✓	✓	✓
Rojgar Poorv Kaushal (Prevocational)	-	✓	✓
Remote Samarthan	✓	✓	✓
Aram Dene Wali Seva (Respite)	✓	✓	✓
Sajha Awaas	-	-	✓
Chhoti Samuhik Vyavsayik Sahayata (Small Group Vocational Support)	-	✓	✓
Samarthit Rozgar – Anukaran Seva	-	✓	✓
Samarthit Rozgar – Vyaktigat	-	✓	✓
Samarthit Parivarik Jeevan (Supported Family Living)	✓	✓	✓
Parivartan Sevaayein (Transitional Services)	-	✓	✓
Parivahan	✓	✓	✓
Vahan Mein Sudhaar (Vehicle Modifications)	✓	✓	✓
Yuva Nirantar Grih (Youth Continuous Home)	-	-	✓

Divas aur Samuday Aadharit

Kaushalon ko badhane ya banaye rakhne par kendrit. Yeh sevaayein tab upyog ki ja sakti hain jab aapke paas part-time naukri ho aur din mein aur sahayata chahiye ho. Yeh tab bhi uplabdh hoti hain jab Rozgar filhal sambhav na ho.

Vyask Din (Adult Day)

(DDAD, CDD)

Yeh seva aapke ghar se bahar ek surakshit, nigrani yukt sthal par arthapourn divas gatividhiyan pradan karti hai. Aap is seva ka upyog samuday mein kuchh karne ke liye kar sakte hain. Aapka pradata aapko swasthya aur samajik zaroorton mein adhik svatantra banne mein madad karta hai. Aapka pradata aapko rozmarra ke jeevan ki gatividhiyon, swasthya banaye rakhne, aur dekhrekh mein madad karta hai. Aap is seva ka upyog naukri ya svaichhik seva (volunteering) ke liye nahi kar sakte.

Bachhon ka Divas Punarvas (Child Day Habilitation)

(FSW, CDD)

Yeh seva samudayik sthal par hoti hai. Yeh aapke bachhe ki aayu-anukool zaroorton ko dhyan mein rakhte hue shikshan aur staff samarthan pradan karti hai, jo viklangata ya vishesh swasthya sthiti ke kaaran hoti hain. Mool uddeshya svatantrata aur vyaktigat vikaas ko badhaava dene ke liye shikshan dena aur samarthan pradan karna hai, saath hi samuday mein samaaveshan ka protsaahan dena bhi shaamil hai. Yah ek punarvasatmak (habilitative) seva hai.

Saamudaayik Samavesh

(FSW, DDAD, CDD)

Yeh self-help, uchit vyavahaar, samajikaran aur samayojit kaushalon ka prashikshan deti hai. Yeh seva adhiktar samuday mein hoti hai. Aap nirdharit karte hain ki kahaan aur kitni baar jaana hai. Yeh seva aapki svatantrata, vyaktigat chayan aur samuday ke logon ke saath samvaad ko badhava deti hai. Aapka pradata aapko rozmarra ke jeevan ki gatividhiyon, swasthya banaye rakhne, aur dekhrekh mein madad karta hai. Yah ek punarvasatmak (habilitative) seva hai.

Dinik Samarthan (Day Support)

(FSW, DDAD, CDD)

Yeh seva pradata ke niyantrit sthal par divas/dinik gatividhiyan pradan karti hai. Aapka pradata self-help, uchit vyavahaar, samajikaran aur samayojit kaushalon ka prashikshan deta hai. Yeh seva tab uplabdh hai jab aapka koi rozgaar lakshya nahi hai aur aap naukri ki talash mein nahi hain. Aapka pradata aapko rozmarra ke jeevan ki gatividhiyon, swasthya banaye rakhne, aur dekhrekh mein madad karta hai. Yah ek punarvasatmak (habilitative) seva hai.

Chhoti Samuhik Vyavsayik Sahayata (Small Group Vocational Support)

(DDAD, CDD)

Kisi vyavsayik sthal par ya samuday mein pradan ki ja sakti hai. Aap akela ya ek team ke saath milkar kaam se judi kaushalon aur vyavahaar ko seekhte hain. Vyavsayik sthal pradata ko bhugtan karta hai aur pradata aapko bhugtan karta hai. Aap karmchariyon ya graahakon ke saath samvaad kar sakte hain. Aapka pradata aapko rozmarra ke jeevan ki gatividhiyon, swasthya banaye rakhne, aur dekhrekh mein madad karta hai. Yah ek punarvasatmak (habilitative) seva hai.

Rozgar

Aapki jodi hui, pratiyogitapurna naukri banaye rakhne ke liye sahayata.

Laabh Paramarsh (Benefits Counseling)

(DDAD, CDD)

Yeh seva aapko apne liye vyaktigat aur samaveshit rozgaar ya swayam-rozgaar prapt karne ke marg ko samajhne mein madad karti hai. Yeh batati hai ki naukri aapke maujooda laabhon ko kaise prabhavit kar sakti hai. Mukhya uddeshya uplabdh rozgaar protsaahanon ka upyog karke aarthik svayatta badhana hai. Ismein Laabh Shiksha, Laabh Yojna, aur Laabh Prabandhan shamil hai.

Rozgar Khoz (Employment Exploration)

(DDAD, CDD)

Yeh samay-seemit seva hai jo aapko yeh nirnay lene mein madad karti hai ki kya aap vyaktigat samaaveshit rozgaar ya swayam-rozgaar chahte hain. Yeh seva prarambh hone ke baad 30 din tak uplabdh ho sakti hai.

Rojgar Poorv Kaushal (Prevocational)

(DDAD, CDD)

Samuday mein naukri prapt karne ke liye avashyak samanya kaushalon ka prashikshan deti hai. Yeh seva 12 mahine tak ki avadhi tak uplabdh hai. Aapka pradata aapko rozmarra ke jeevan ki gatividhiyon, swasthya banaye rakhne, aur dekhrekh mein madad karta hai. Yah ek punarvasatmak (habilitative) seva hai.

Samarthit Rozgar – Anukaran Seva

(DDAD, CDD)

Aapko aapki pratyogitapurna naukri banaye rakhne mein madad karti hai. Yeh seva aapke saath seedha pradan ki ja sakti hai ya aapke niyojak se sampark karke aapke liye di ja sakti hai. Yah ek punarvasatmak (habilitative) seva hai.

Samarthit Rozgar – Vyaktiagat

(DDAD, CDD)

Yeh ek job coach pradaan karti hai jo one-on-one prashikshan ke madhyam se aapki naukri banaye rakhne mein sahayata karta hai. Yeh seva aapki job par pradan ki jaati hai. Aapka pradata aapko Rozgar kaushalon mein madad karta hai aur anya sansadhanon ke liye sandarbh deta hai. Yah ek punarvasatmak (habilitative) seva hai.

Residential – Antarik

Apne ghar ya apartment mein rehne ke liye sahayata. Ismein aapka parivarik ghar ya doston ke saath sanjha kiya gaya sthal bhi shamil ho sakta hai. Iska kendrit uddeshya yeh hai ki aap jitna ho sake svatantra rahen.

Grihni (Homemaker)

(FSW, CDD)

Samanya ghar ke kaamon, jaise khana pakana, kapde dhona, zaroori kaam, aur safai mein madad karti hai. Yeh alpakalik seva hai jo tab uplabdh hoti hai jab jo vyakti aam taur par yeh kaam karta hai, uplabdh nahi ho. Ismein dekhabhal ya nigraani shamil nahi hai. Yeh seva 18 varsh se kam umra ke vyaktiyon ke liye uplabdh hai jo parivarik ghar mein rehte hain. 18 varsh se adhik umra ke logon ke liye anya DHHS sevaayein uplabdh hain.

Svatantra Jeevan (Independent Living)

(FSW, DDAD, CDD)

Khud ke ghar me di jati hai. Aapka pradata aapko svatantra jeevan aur samuday mein gatividhiyon kaushal sikhata hai. Aapka pradata aapko rozmarra ke jeevan ki gatividhiyon, swasthya banaye rakhne, aur samajik aur manoranjan gatividhiyon me madad karta hai. Yah ek punarvasatmak (habilitative) seva hai.

LRI Vyaktigat Dekhbhal (LRI Personal Care)

(FSW, DDAD, CDD)

LRI ka arth hai “Kanuni Roop se Uttaradaayee Vyakti” jo yeh seva pradan karta hai. Aapki zarurat ke anusaar, aapka pradata aapko rozmarra ki jeevan ki gatividhiyon, swasthya sambandhi kriyaon mein madad karta hai, aur kabhi-kabhi instrumental daily living (Sadhnatmak dainik jeevan) gatividhiyo bhi shamil hota hain. Yeh seva aapke ghar mein aur anya samudayik sthalon par pradan ki jaati hai.

Aram Dene Wali Seva (Respite)

(FSW, DDAD, CDD)

Yeh seva tab upyogi hoti hai jab aap apni dekhbhal swayam nahi kar sakte. Aram dene wali seva (Respite) aapke niyमित caregiver ke liye jo aapke saath rehta hai, ek sthayi rahat hai. Aapka pradata rozmarra ke jeevan ki gatividhiyon, swasthya banaye rakhne, aur dekhrekh mein madad karta hai.

Samarthit Parivarik Jeevan (Supported Family Living)

(FSW, DDAD, CDD)

Aapke parivarik ghar me di jati hai. Aapka pradata aapko svatantra jeevan jeene aur samuday mein gatividhiyon ko karna ka kaushal sikhata hai. Aapka pradata aapko rozmarra ke jeevan ki gatividhiyon, swasthya banaye rakhne, samajik aur manoranjan gatividhiyon aur samuday ko access karne me madad karta hai.

Yah ek punarvasatmak (habilitative) seva hai.

Nirantar Aawaas (Residential – Continuous)

Jab aapko suraksha banaye rakhne ke liye 24x7 sahayata ki avashyakta hoti hai, tab yeh seva uplabdh hoti hai.

Vyavhaarik Ghar Par Kaushal Vikas (Behavioral In-Home Habilitation)

(CDD)

Yah ek alpkaleen seva hai, jo tab pradan ki jaati hai jab aap kisi gambhir manasik swasthy ghatna ya vyavahaar se guzar rahe hote hain jo aapki saamanya rozana ki gatividhiyon mein badha dalta hai. Yeh seva aapke ghar par pradan ki jaati hai. Aapka pradata aapko rozmarra ke jeevan ki gatividhiyon, swasthya banaye rakhne, aur dekhrekh mein madad karta hai. Yah ek punarvasatmak (habilitative) seva hai.

Nirantar Awaas (Continuous Home)

(CDD)

Yeh seva pradata dwara niyantrit ghar mein shift staff ke saath pradan ki jaati hai. Aapka pradata aapko svatantra jeevan jeene aur samuday mein gatividhiyon ke kaushal sikhata hai. Aapka pradata aapko rozmarra ke jeevan ki gatividhiyon, swasthya banaye rakhne, samajik aur manoranjan gatividhiyon aur nigrani me madad karta hai. Yah ek punarvasatmak (habilitative) seva hai.

Mezban Grih (Host Home)

(CDD)

Agency pradata ke karmchari ke ghar mein di jati hai. Aap karmchari ke saath rehte hain aur unke parivar ke saath ghar aur samuday mein rozmarra ke kaam karte hai. Aapka pradata aapko svatantra jeevan jeene aur samuday mein gatividhiyon ke kaushal sikhata hai. Aapka pradata aapko rozmarra ke jeevan ki gatividhiyon, swasthya banaye rakhne, samajik aur manoranjan gatividhiyon aur nigrani me madad karta hai. Yah ek punarvasatmak (habilitative) seva hai.

Chikitsa Ghar Par Kaushal Vikas (Medical In-Home Habilitation)

(CDD)

Yah ek alpkaleen seva hai, jo tab pradan ki jaati hai jab aap kisi gambhir medical ghatna se guzar rahe hote hain jo aapki saamanya rozana ki gatividhiyon mein badha dalta hai. Yeh seva aapke ghar par pradan ki jaati hai. Aapka pradata aapko rozmarra ke jeevan ki gatividhiyon, swasthya banaye rakhne, aur dekhrekh mein madad karta hai. Yah ek punarvasatmak (habilitative) seva hai.

Sajha Awaas

(CDD)

Agency pradata ke contractor ke ghar mein di jati hai. Aap contractor ke saath rehte hain aur unke parivar ke saath ghar aur samuday mein rozmarra ke kaam karte hai. Aapka pradata aapko svatantra jeevan jeene aur samuday mein gatavidhiyon ke kaushal sikhata hai. Aapka pradata aapko rozmarra ke jeevan ki gatavidhiyon, swasthya banaye rakhne, samajik aur manoranjana gatavidhiyon aur nigrani me madad karta hai. Yah ek punarvasatmak (habilitative) seva hai.

Yuva Nirantar Grih (Youth Continuous Home)

(CDD)

18 varsh aur usse kam umra ke yuvaon ke liye pradata dwara niyantrit ghar mein shift staff ke saath di jati hai. Nirantar samarthan ko vyaktigat roop se is prakar anukoolit kiya jaata hai ki yah aapko kaushal seekhne, banae rakhne ya sudhaarne mein madad kare, jisse aap adhik aatmanirbhar ban saken. Mukhya uddeshya yeh hai ki aap apni avashyaktaon ke anukul sabse adhik samaaveshit sthal par rahen. Yah ek punarvasatmak (habilitative) seva hai.

Sahayak Praudyogiki aur Sudhaar

(Assistive Technology and Modification)

Sahayak Praudyogiki (Assistive Technology)

(FSW, DDAD, CDD)

Ismein aise yantra, upkaran aur upyog ki vastuayein shaamil hain jo aapko apne kaam svayam karne mein madad karti hain, taaki doosron ki madad ki kam zaroorat pade.

Paryavaran Sudhaar Moolyankan (Environmental Modification Assessment)

(FSW, DDAD, CDD)

Ek aaklan kiya jata hai, jo yah pahchana karta hai ki aapko kaun se yantra chahiyein ya aapke ghar ya vaahan mein kaun se badlav karne ki zaroorat hai. Yah aapki sehat aur suraksha ki zaruraton, samudaay tak pahunch aur svatantrata par dhyaan deta hai. Yeh seva Sahayak Takneek, Grih Sudhaar, ya Vahan Sudhaar ka istemal karne se pehle avashyak ho sakti hai.

Ghar me Badlav (Home Modification)

(FSW, DDAD, CDD)

Aapke ghar mein aise badlav kiye jaate hain jo aapke liye ghoomna-pherina aur apne kaam khud karna aasan aur surakshit banaate hain. Badlav aapko aapke ghar tak behtar access pradan karni chahiye aur doosre logon se kam madad ki zarurat honi chahiye.

Remote Samarthan

(FSW, DDAD, CDD)

Remote Supports mein aapka pradata doosre sthal se do-tarfa live sanvaad ke madhyam se takneek ka upyog karta hai. Yeh aapke pradata ko bina waha rahe aapki sehat aur suraksha ka nigrani karne ki suvidha deta hai. Ve sensor aur alerts jaise upkaran ka upyog kar sakte hain jo turant data utpaadit karte hain.

Vahan Mein Sudhaar (Vehicle Modifications)

(FSW, DDAD, aur CDD)

Gadi/van mein kiye gaye badlav jo aapko samuday mein behtar roop se sammilit hone mein madad karein. Badlav (modifications) aapko apni gaadi tak behtar access pradan karne chahiye aur doosre logon ki madad ki kam zarurat honi chahiye.

Swasthya aur Suraksha (Health and Safety)

Paramarshatmak Moolyankan (Consultative Assessment)

(DDAD, CDD)

Aapko apni maujooda sevaayein jaari rakhne mein madad karti hai jabki aap aur doosre log surakshit rahte hain. Pradata aapke ghar aur din mein prapt seva sthalon par aapka avalokan karta hai, ek kaaryatmak vyaavhaarik aaklan karta hai, aur aapki team ko sujhaav deta hai. Vyaavhaarik hastakshep tayaar kiye jaate hain, prayog mein laaye jaate hain, aankaa jaata hai aur zarurat anusar badlav kiya jaata hai. Yah ek punarvasatmak (habilitative) seva hai.

Swasthya Sanrakshan Nigrani (Health Maintenance Monitoring)

(FSW, DDAD, CDD)

Aapki vyaktigat sehat ka record rakhti hai aur chronic rog stithiyon ke prabandhan, dekhbhaal aur samarthan ko behtar banane ke liye chikitsa data ikattha karti hai. Swasthy visheshagya aapko ya aapke abhibhaavak ko symptoms ko dekhne, upchaar yojna ka paalan karne aur swasthy aur sukhbhag ke liye jeevan shailee mein badlav laane ke liye shiksha, samarthan aur margdarshan pradan karte hain.

Vayaktigat Aapatkaleen Partikriya System (PERS)

(FSW, DDAD, CDD)

Ek electronic yantra (Device) jo aapko aapatkalin paristhiti mein kisi se sampark karne mein madad karta hai. Yeh system aapke telephone se connected hota hai aur jab aap button dabate hain, to yeh ek nirdharit vyakti ya call center ko suchit karta hai.

Dekhbhal Karne Wale aur Parivarik Sahayata (Caregiver and Family Support)

Parivarik Dekhbhal Prashikshan

(FSW)

Aapke aparichukit parivarik sadasyon ya dekhbhal karne walon ko prashikshan aur shiksha pradan karti hai jo aapko anaupcharik roop se samarthan dete hain.

Parivar aur Sahayogi Margdarshan

(FSW)

Mentors pradan karti hai jinhone parivaron ya bhagidaron ke saath multi-julti paristhitiyon ka anubhav kiya hai, taaki ve samarthan, shiksha aur margdarshan de saken aur tantra aur sansaadhanon ke madhyam se raasta nikaalne ki rananitiyaan aur anubhav saanjha kar saken.

Saamaan aur Sevaayein (Goods and Services)

Parivartan Sevaayein (Transitional Services) (DDAD, CDD)

Ek baar me kharcho ka bhugtaan karti hai taaki aap ICF/IID, nursing home, ya regional center se nikal kar kisi anya sthal par rehna shuru kar saken. Ismein aavashyak furniture, gharelu saman, suraksha jama rashi, buniyaadi utility shulk ya jama rashi, ya sthanantaran ki lagat shamil ho sakti hai.

Parivahan (FSW, DDAD, aur CDD)

Chhoot sevaayein tak aane-jaane ke liye parivahan upalabdh karati, jo sevaayein pradaan karte samay hone waale parivahan se alag hota hai. Parivahan seva aapke liye upalabdh anya vikalpon jaise doston ya parivaar dvara di gayi ride ka vikalp nahi honi chahiye. Parivahan ka upayog medical appointment ke liye nahi kiya ja sakta kyunki yah zaroorat anya DHHS sevaayon se poori ki ja sakti hai.

DHHS se sampark karein

(877) 667-6266

dhhs.DDDCommunityBasedServices@nebraska.gov